



# THE LANTERN

The Official Newsletter of the Northeast region Staff College  
Civil Air Patrol



## ISSUE 2

Sunday, Aug 21, 2016

Joint Base  
McGuire/Dix/Lakehurst  
New Jersey

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## **Today in Aviation History**

21 August 1944: The first of two Grumman XF8F-1 Bearcat prototypes, Bu. No. 90460, made its first flight at Bethpage, New York, with Grumman's Chief Engineer and lead test pilot Robert L. Hall at the controls. This was a light-weight high performance interceptor, designed to operate from the U.S. Navy's smaller aircraft carriers. It used a 2,804.5-cubic-inch-displacement (45.97 liter), air-cooled, supercharged Pratt & Whitney R-2800-22 Double Wasp two-row, 18-cylinder radial engine as its predecessor, an uprated version of the engine used in the Grumman F6F Hellcat. This engine was rated at 2,100 horsepower for takeoff. Because the Bearcat was 20% lighter than the Hellcat, it was 50 miles per hour faster and had a much higher rate of climb. In order to use the power more effectively, the prototype Bearcat used a 12-foot, 4-inch (3.759 meter) diameter four-bladed propeller.

For aircraft carrier operations, the new fighter could not sacrifice structural strength. In order to limit the weight, armament was reduced to four .50-caliber machine guns, and fuel capacity was also less than that of the Hellcat, giving it reduced range.

Grumman F8F-1 Bearcat with wings folded, 20 March 1945. (Grumman)  
The production F8F-1 Bearcat was 28 feet, 3 inches (8.661 meters) long with a wingspan of 35 feet, 6 inches (10.820 meters) and overall height of 13 feet, 9 inches (4.191 meters). Its empty weight was 7,070 pounds (3,206.9 kilograms) and maximum takeoff weight was 12,947 pounds (5,872.7 kilograms). The production aircraft used a Pratt and Whitney R-2800-34W engine which was rated at 2,400 horsepower with water/alcohol injection. An Aeroproducts Inc. four-bladed propeller with a diameter of 12 feet, 7 inches (5.835 meters) was installed. This gave the Bearcat a top speed of 421 miles per hour (677.5 kilometers per hour). It could climb at 4,570 feet per minute (23.2 meters per second) and had a service ceiling of 38,700 feet (11,796 meters). Its range was 1,105 miles (1,778 kilometers).



*Welcome to the Northeast Region Staff College.....*

*Can you name these buildings that you encountered upon your arrival and the order you entered them???*



And so the day began.....you met with the Safety/Medical Officer, got your binder and College Golf Shirt, were introduced to staff and met your Seminar Advisors.....

#### Lectures of the Day

Welcome, Introduction of Staff

Uniform Discussion  
Goals & Objectives

Strategic Plan Overview

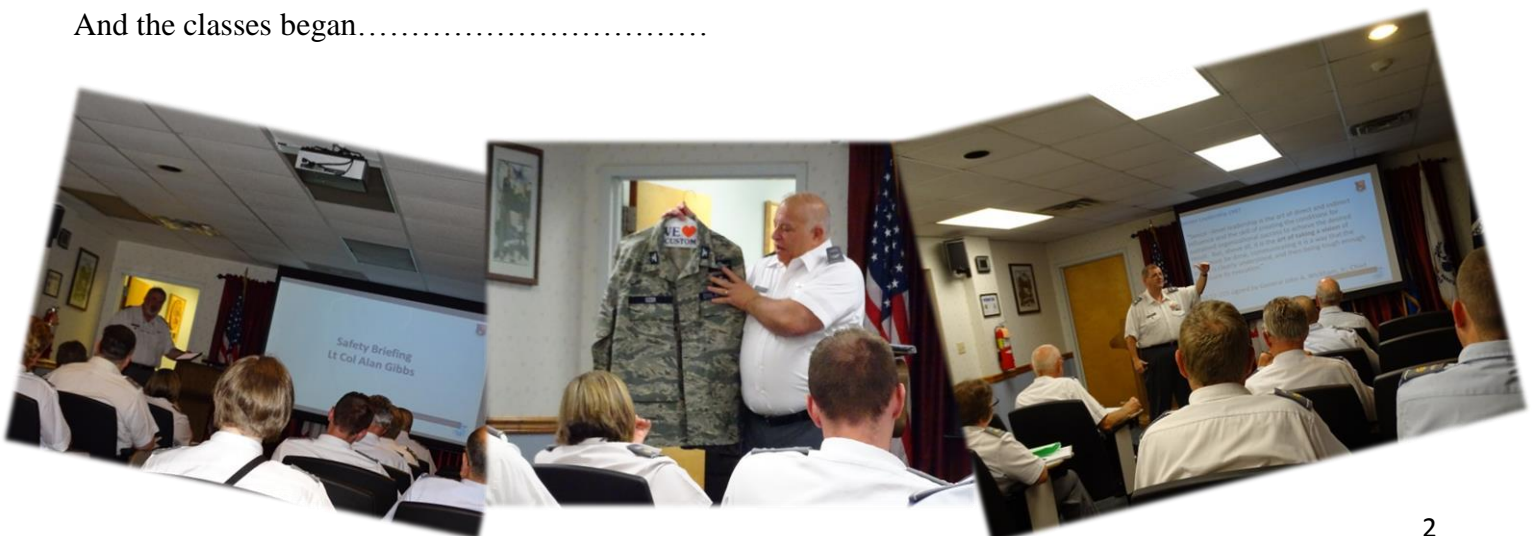


#### Lectures of the Day

Leadership: the Art of Influencing

Communicating in the 21<sup>st</sup> Century

And the classes began.....

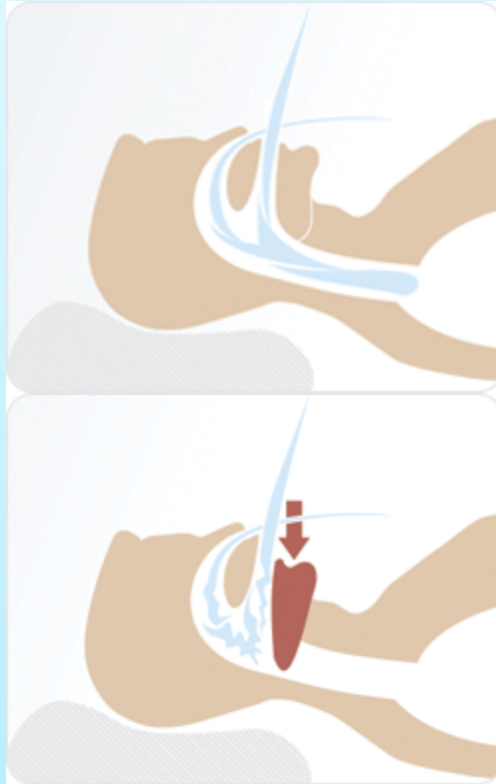


## Words from the Safety/Medical Officer

### Normal Breathing

When you breathe while sleeping, air enters your mouth and nose and freely passes through the back of your throat into your lungs.

### Cause of Sleep Apnea



### Sleep Apnea

Sleep apnea occurs when the muscles and tissues in the back of your throat relax and collapse your airway while you sleep. As air attempts to pass through this collapsed airway, tissues vibrate and cause you to snore. Sometimes this collapse prohibits airflow so severely that you briefly stop breathing; your body automatically responds and wakes you up, allowing airflow to resume. This pattern of air deprivation and breath resumption is known as sleep apnea. Sleep apnea can cause multiple complications, including: chronic fatigue, high blood pressure, depression, heart attack and more.

Remember the difference  
between a  
boss and a leader;  
a boss says "Go!"  
a leader says "Let's go!"

-E.M. Kelly

**GREAT LEADERS DON'T  
SET OUT TO BE A  
LEADER...THEY SET OUT  
TO MAKE A DIFFERENCE.  
IT'S NEVER ABOUT THE  
ROLE-ALWAYS ABOUT  
THE GOAL.**

LisaHeisho.com

**MANAGEMENT  
IS DOING THINGS RIGHT;  
LEADERSHIP  
IS DOING THE RIGHT THINGS.**

PETER F. DRUCKER



## DAILY SCHEDULE....MONDAY, 22 AUGUST 2016

<u>Time</u>	<u>What / Who</u>	<u>Where</u>
0745 – 0800	Seminar Time	Seminar Rooms
0800 – 0815	Formation	Parade Ground
0815 – 0845	General Assembly	Auditorium
0845 – 0945	Critical Thinking (USAF 1 <sup>st</sup> Sgt Assn)	Auditorium
0945 – 1045	Mentoring & Counseling (USAF 1 <sup>st</sup> Sgt Assn)	Auditorium
1045 – 1115	U of T Commencement Speech Video	Auditorium
<b>1115 – 1245</b>	<b>LUNCH</b>	<b>DFAC</b>
1245 – 1300	Seminar Time	Seminar Rooms
1300 – 1400	Seminar Task (Changing CAP)	Seminar Rooms
<b>1400 – 1600</b>	<b>108<sup>th</sup> Air Wing Static Display</b>	<b>Flight Line</b>
1600 – 1700	Team Building (USAF 1 <sup>st</sup> Sgt Assn)	Auditorium
1700 – 1800	Understanding the IG Program (Lt Col Blumenfeld)	Auditorium
<b>1800 – 1900</b>	<b>DINNER</b>	<b>DFAC</b>
1900 - ???	Your Time	

